

# We help support your life



## Everyday stress can be overwhelming.

Our experts provide confidential help 24/7 and the right resources to help you and your family find balance no matter where you are in life.

**All at no cost to you.**

Turn to us—we can help.



**877.240.6863**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

**Download the app today!**



Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. Completely confidential.

**In a crisis, help is available 24/7.**

**We're not an insurance company.** Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

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## Stressed? Anxious? Upset?

Talk to us.

- Get help for family, financial and legal problems, life transitions, substance abuse and more
- Learn strategies to manage stress, depression, anger and improve focus, such as mindfulness

## Get resources to make life easier. We'll do the legwork.

- Locate childcare, eldercare, summer camps, special needs services, relocation and more
- Get time-saving help locating community resources and convenience services

## Struggling to cope every day? Get support.

- Build skills to handle challenges, feel more in control of your life
- Get referred to qualified long-term help, if needed

## Easily connect to us.

24/7 access.

- Consult with us in person, by phone, or chat
- Access your comprehensive website and mobile app for articles, tips, webinars and tools

**HealthAdvocate<sup>SM</sup>**